

MAMA'S GOT A BRAND NEW BAG
HOW TO CARRY ON THIS FALL {page 18}



THEY'LL EAT YOU ALIVE
PREDATORS ON THE SILVER SCREEN {page 11}

MOOSEHEADS HERD TRAINING CAMP BEGINS
SPORTS {page 24}



HALIFAX metro®
Thursday, August 19, 2010
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RYAN TAPLIN/METRO HALIFAX



▶ Jason MacRae appeared in a Halifax provincial courtroom yesterday to be arraigned on a first-degree murder charge in the death of his wife, Paula Gallant. More coverage, page 3.

Gallant's husband charged

No other suspects being sought in murder, according to police ◐ Police thank community, media and victim's family for keeping case in public eye



JENNIFER TAPLIN
@METRONEWS.CA

Paula Gallant's husband appeared briefly in a Halifax courtroom yesterday to be arraigned on a first-degree murder charge.

Jason Wayne MacRae, 37, was arrested Tuesday morning and charged late that night. Gallant, 36, was found in the trunk of her car — parked outside the Timberlea elementary school where she taught — in December 2005.

"This is the first step in the criminal process," said Denise Smith, chief Crown attorney for the Halifax region.

"He appeared along with his defence counsel, the charge was read and it was put over for a period of one month (Sept.17) to enable disclosure to be made."

From there a date will be set for a preliminary hearing, and MacRae will remain in custody until a possible bail hearing.

Information came in a year ago that revitalized the Gallant murder investigation, said Halifax Regional Police Chief Frank Beazley at a press conference yesterday.

"There was an opportunity to put this investigation in a much more active role again after several years through new information coming to light, which allowed us to put our team together and continue the investigation," he said.

Because the case is now before the courts, Beazley wouldn't comment on what the new information entailed.

Autopsy

- Police have never released the cause of death of elementary school teacher and young mother Paula Gallant.
- An autopsy a few weeks after her body was found confirmed it was a homicide.



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- 'Strategy' was used in arrest of Jason MacRae early Tuesday morning, say police
- Provincial reward program offering up to $150,000 for information leading to an arrest in murder case was not a factor

RYAN TAPLIN/METRO HALIFAX



▶ Ted McInnis, a friend of Paula Gallant's two sisters, reads a statement outside Halifax provincial court yesterday.

Gathering solid evidence slow process: Chief

JENNIFER TAPLIN
@METRONEWS.CA

It took four and a half years to make an arrest for the murder of Paula Gallant, but police say it gives hope for other families who have been torn apart by unsolved homicides.

"No matter how much time passes, our officers remain committed to investigating other unsolved homicides," Halifax Regional Police Chief Frank Beazley said at a press conference yesterday.

Investigators hit a brick wall in the Gallant case until new information came to light in the spring of 2009. Since then a team of at least 15 investigators reexamined the case and gathered evidence to lay the first-degree murder charge against Gallant's husband, Jason MacRae.

RYAN TAPLIN/METRO HALIFAX



"Most (major crimes) are solved if you could just reach out and arrest someone and put them before the courts because we know. We always know in the first 24 to 48 hours that we have a reasonably good suspect but knowing and proving it in the investigative process are two different things."

HALIFAX REGIONAL POLICE CHIEF FRANK BEAZLEY

"The elements of first-degree murder include planning and deliberation so obviously those components have been reviewed by the public prosecution service who recommended it was an appropriate charge," said Halifax RCMP Supt. Darrel Beaton.

MacRae was a "person of consideration" early on in the investigation, but Beazley said proving he was a suspect took time.

"The days of a short turnaround in major files are a thing of the past," Beazley said. "There are so many stages in the investigative process that have to be carried out: The evidence has to be assessed at every stage, the forensic evidence is not like you see on TV.

"Almost every homicide, unless someone confesses or you catch them at the scene with a smoking gun is going to take a period of time."

Daughter

▶ **Under care** Paula Gallant and Jason MacRae's five-year-old daughter, Anna, is being cared for by a family member.

Family releases statement on arrest

Ted McInnis, a friend of Paula Gallant's sisters Lynn Gallant-Blackburn and Lana Kenny, read a statement outside Halifax provincial court yesterday. The sisters did not attend the arraignment of Jason MacRae.

"Paula's family would like to express their heartfelt thanks to the HRP-RCMP Integrated Major Crime Unit, especially Staff Sgt. Frank Chambers and team for their commitment to this investigation.

"To family, friends, community members and the media, no words can fully express their deepest gratitude for the ongoing support they have received throughout this entire ordeal. It has been greatly appreciated and the strength, hope, and prayers that have been extended since Dec. 27, 2005 will never be forgotten.

"As we think of Paula today, Anna, Paula's daughter is especially in our hearts and prayers. The family would also like to extend their prayers to the MacRae family.

"The family realizes this is the beginning of the legal process and asks their privacy be respected."

JENNIFER TAPLIN

1 news

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A decision to ban kites from a Toronto park isn't flying too well with fans of the pastime. Watch video at metronews.ca.

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Cops lay kidnap charge

Woman says she was tied up, assaulted, locked in trunk of car



ALEX BOUTILIER
@METRONEWS.CA

Police have laid charges in connection with an alleged kidnapping and sexual assault earlier this week.

Steven Elliot Laffin, 35, of Dartmouth, faces charges of kidnapping, forcible confinement, aggravated sexual assault and uttering death threats.

Late Monday night, police were called to the 2000 block of Old Sambro Road, regarding reports of a woman knocking on a door of a residence, asking for help.

The woman told police she had been picked up on Dentith Road in Spryfield by a man who allegedly tied her up, sexually assault her and locked her in the trunk of his car.

Police spokesman Const. Brian Palmeter said they believe the interaction started amicably. He also said the woman was taken to another location where she was allegedly "assaulted, restrained and put in the rear of the car."

The woman managed to get free and flee her assailant, police say.

A man matching the description arrived at the Spryfield Community Office later that night, apparently on an unrelated matter, and was arrested.

Appearance

Steven Elliott Laffin appeared in Halifax provincial court yesterday and was remanded to the Nova Scotia Correctional Facility in Burnside, pending a show cause hearing on Aug. 26.

Music. Backstreet's back



▶ From left: Brian Littrell, A.J. McLean, Howie Dorough and Nick Carter.

RYAN TAPLIN/METRO HALIFAX

The Boys are back in town

Legendary pop group the Backstreet Boys played the Metro Centre last night, opening the set with their hit Everybody (Backstreet's Back). The group will also play shows in New Brunswick and Newfoundland before heading out on a tour of the eastern United States.

Shop owner wins battle against tobacco law

A Kentville store in contravention of the province's rules on tobacco displays won a provincial court challenge yesterday.

Maders Tobacco Shop, owned by Bob Gee, was charged in 2009 with failing to comply with provincial legislation that requires all tobacco products to be hidden from patrons' view under the Tobacco Access Act.

Gee successfully challenged the charge, citing his freedom of expression and his ability to communicate with his customers.

Acting Health Promotion and Protection Minister Graham Steele downplayed the verdict at a press conference yesterday.

"This was the first part of a two-part constitutional challenge, so it is not the case to say the charge didn't stand up," he said.

"What we do now is we simply move on to the second part."

Steele said he wasn't surprised by the verdict, saying that the law was intended to limit expression. He also stood by the legislation.

"We believe the law is a good law," he said.

"After today's decision the law continues in force, and will continue to be enforced across the province."

While no information on the causal relationship between seeing cigarette packs and starting to smoke is currently available, Steele remained confident the legislation is effective.

RYAN TAPLIN/METRO HALIFAX



▶ Acting Health Promotion and Protection Minister Graham Steele stood behind the Tobacco Access Act yesterday.

"We believe that this law, as part of a broader tobacco access strategy, is making (a) difference."
GRAHAM STEELE, ACTING HEALTH PROMOTION AND PROTECTION MINISTER

ALEX BOUTILIER

Highway tanker crash kills two

Two people are dead following a crash between a pickup and a tanker truck on Highway 104 around Exit 29 near Barney's River.

The highway was closed the rest of the day near Kenzieville with traffic being rerouted.

Krista Beck of the province's Emergency Health Services says paramedics pronounced two people dead at the scene.

RCMP say the tanker caught fire and a hazardous materials team was brought in.

THE CANADIAN PRESS

PC caucus hands reins to Baillie

Jamie Baillie has yet to be officially declared leader of Nova Scotia's Progressive Conservative party, but caucus has just handed him the reins.

All eight members voted yesterday to give him the job on an interim basis until an October convention validates his acclamation.



The party must still approve the decision at an executive meeting to be held on Saturday.

Baillie was the only candidate to step forward before nominations closed on Monday.

THE CANADIAN PRESS

Chopper makes 'controlled landing'

A Sea King helicopter made what the military is calling "a controlled landing" on the Eastern Shore yesterday.

Maj. James Simiana says the chopper put down at Gaetz Head and that no one was hurt. The cause of the problem isn't known.

The controlled landing is the second involving a Sea King in a week.

Another of the military's aging choppers made a precautionary landing in a Lower Sackville suburb on Aug. 11 after a warning indicated low hydraulic pressure. THE CANADIAN PRESS

ANDREW VAUGHAN/THE CANADIAN PRESSX



▶The iconic mascot Bib looks on as Prime Minister Stephen Harper addresses the crowd at the Michelin tire factory in Waterville yesterday.

Feds to help out with Bluenose refitting

Prime minister makes three stops in province yesterday Dexter joins Harper in Lunenburg

Canada will spend $4.9 million to help with the refit of the Bluenose II, Prime Minister Stephen Harper announced yesterday.

Billed as Nova Scotia's sailing ambassador, the schooner is being restored at a shipyard in Lunenburg.

Harper said the vessel is a national icon that needs to be preserved.

"We are doing this because our government and our provincial partner believe Bluenose II should continue to promote Lunenburg, Nova Scotia and Canada to the world for decades to come," he said.

"Nearly 50 years of wind and water take their toll on the finest of woodwork and the strongest of ships,"
PRIME MINISTER STEPHEN HARPER ABOUT THE BLUENOSE II

Last month, the provincial government announced a $12.5-million contract to the Lunenburg Shipyard Alliance for a major overhaul of the vessel.

The refit is expected to be finished in March 2012.

Also yesterday, Harper was in Waterville at a Michelin tire plant where he announced the federal government and province would spend another $4 million towards a program aimed at helping unemployed older workers gain new skills.

Harper says the Targeted Initiative for Older Workers program, introduced in April 2009, helped Michelin avoid laying off 95 employees during the recent economic downturn.

BIOSOLIDS

Council seeks more info

Halifax regional council has requested more information on biosolids after the issue hit the fan with many people last week.

Rockingham-Wentworth Coun. Debbie Hum requested during council on Tuesday that staff provide more information after residents kicked up a stink about biosolids being used along Dunbrack Street.

Halifax actress Ellen Page was among those speaking out against biosolids being used, referring it to the CBC as "sewage sludge."

Hum requested information on the uses of biosolids in HRM, the practices of other municipalities, testing protocols and alternate uses. **THE CANADIAN PRESS**

Man dies after bike hits truck

A 22-year-old man is dead after his motorcycle collided with a public works truck in Sydney. Cape Breton Regional police says the man, from nearby Point Edward, was pronounced dead in hospital. The truck driver, a 50-year-old man from Glace Bay, is being treated for non-life-threatening injuries. **THE CANADIAN PRESS**

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Peace, order and high-speed Internet?

Report says web access should be a right for all Canadians ◐ Finland opens the Net to all citizens

Should every Canadian have the right to Google, stream YouTube videos and tweet their random nothings from the comfort of their own home?

The non-profit Public Interest Advocacy Centre says we should, and is calling on the federal government to follow the lead of Finland and Spain.

On July 1, Finland became the first country in the world to declare that its citizens should have the right to high-speed Internet access. Spain plans to enshrine the same right to reasonably priced broadband access sometime next year.

"The Internet, and in particular broadband services, are important both in terms of the economy of Canada and the individual lives of Canadians," said Michael Janigan, executive director and general counsel of the PIAC.

Internet options

The federal government has had previous requests for open broadband access.

1 The National Broadband Task Force recommended high-speed Internet for all residents and businesses by 2004.

2 Another report called for it by 2010 "at the latest."

The CRTC is in the process of conducting public consultation on the issue and is seeking input until Friday.

The report notes that the federal government has long been presented with recommendations calling for broadband access to be available to all.

A report by the PIAC recommends that high-speed Internet be declared a basic service, much like telephone access was mandated by the Canadian Radio-television and Telecommunications Commission over 10 years ago.

Janigan said it will likely take government incentives to help Internet providers widen the range of service areas.

Comment from Industry Canada was not immediately available. Federal Industry Minister Tony Clement was given a timely reminder about the issue via Twitter yesterday when a newspaper reporter from the Nunatsiaq News in Nunavut tweeted to him about the region's flaky high-speed Internet access.

"By the way, my southern friends, I pay $120/mo for alleged broadband that's out half the time. This is why I'm so pissed off," Chris Windeyer tweeted.

THE CANADIAN PRESS

Pakistan. Flood relief



▶ A boy reaches out for relief food at a camp near Sukkur in southern Pakistan yesterday.

World turning its back on victims

The scenes from flood-hit Pakistan are wrenching, but the global response to pleas for relief funds has been sluggish. The United Nations says it has yet to raise half its $460-million target. The World Health Organization has received commitments for just 25 per cent of the $56 million it has asked for. Some 1,500 people have died in the floods, triggered by monsoon rains.

Feds apologize to Inuit 'exiles'

Larry Audlalak wasn't quite three years old when his family finally gave in to the insistent promises of the RCMP officer and left their comfortable lands along Hudson Bay's northern coast for the frigid unknown of the High Arctic.

"It was very bad," said Audlalak, one of the surviving "High Arctic Exiles" to whom the federal government finally apologized yesterday.

"It was very cold, we had no shelter. We had to fend for ourselves for the first two years living in tents.

"The RCMP were able to give us some old buffalo hides for insulation."

Minister of Indian and Northern Affairs John Duncan travelled to northern Quebec to say "sorry" to Audlalak and dozens of others like him for a policy some say was a move to reduce welfare costs and reinforce Canadian sovereignty.

The weather averaged 20 degrees colder. Game was hard to find, especially with no local knowledge. And promised assistance from the federal government didn't materialize.

Audlalak's father died within 10 months.

THE CANADIAN PRESS

News in brief



Fire won't stop Titanic probe

NEWFOUNDLAND. A small fire broke out aboard a research vessel days before it is scheduled to leave Newfoundland for an expedition to the Titanic shipwreck.

But a spokesperson for the expedition says it will leave St. John's on Sunday as scheduled.

Scientists plan to assess the deteriorating condition of the Titanic and create a detailed three-dimensional map of the wreckage, nearly 100 years after the ship struck an iceberg and sank to the bottom of the North Atlantic.

THE CANADIAN PRESS

Cockfighting ring alleged

ONTARIO. The Ontario Society for the Prevention of Cruelty to Animals has stopped an alleged cockfighting ring in southern Ontario.

Two men, both of Tecumseh, have been charged with owning or possessing equipment or structures used in animal fighting or training.

The OSPCA alleges the birds were outfitted with knives on their legs.

THE CANADIAN PRESS

Kidnapped mayor killed

MEXICO. The kidnapped mayor of a northern Mexican town has been found dead.

It was the latest in a rash of deadly attacks on political figures in an area besieged by drug-gang battles.

Santiago Mayor Edelmiro Cavazos' hands were bound and his head was wrapped in tape.

THE ASSOCIATED PRESS

Employees of China factory treated to a morale-boosting rally

Young workers who normally spend their days assembling iPhones and other high-tech gadgets packed a stadium yesterday, waving pompoms and shouting slogans.

It was a rally in Shenzhen, China, to raise morale after a string of suicides at a company's heavily-regimented factories.

The outreach to workers shows how the normally secretive Foxconn Technology Group has been shaken by the suicides.

"For a long period of time, I think we were kind of blinded by our success," said Louis Woo, special assistant to Terry Gou, the founder of Foxconn's parent company.

"We were kind of caught by surprise."

KIN CHEUNG/THE ASSOCIATED PRESS



▶ Foxconn workers dressed as women were stars yesterday at a rally to boost morale.

The company has already raised wages, hired counsellors and installed safety nets on buildings to catch would-be jumpers.

Other changes include job rotation so workers can try different tasks and grouping dorm assignments by home province so workers don't feel so isolated. The rally took place at Foxconn's mammoth industrial park in Shenzhen, which employs 300,000 and where most of the suicides have taken place.

THE ASSOCIATED PRESS

Foxconn

Foxconn has built itself into the world's largest contract maker of electronics. Its customers include Apple, Sony, Dell and Nokia.

- **The claims:** Activists say the firm's success has come by driving workers too hard, operating a too-fast assembly line and requiring excessive overtime.
- **The denial:** Foxconn says it does not treat its employees inhumanely.
- **The background:** The firm's troubles highlight Chinese workers' growing dissatisfaction with low wages and poor conditions.

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Tighter bank rules vital: BoC report

The Bank of Canada says imposing tougher capital and liquidity requirements on banks would reduce the frequency and severity of any future global financial crises and the threat they would pose to Canada's economy.

The central bank said in a report released yesterday that the benefits of revised requirements would far outweigh the short-term costs that banks would likely pass along to consumers.

It believes that the net benefit to Canada would amount to $200 billion, or about 13 per cent of the country's gross domestic product, based on conservative estimates of the cost of financial crises to Canada.

"The Bank calculates the potential benefit from a reduced incidence of crises to be approximately half a trillion dollars," it said in the report titled, "Strengthening International Capital and Liquidity Standards."

The central bank released its conclusions on the same day as an international report on the subject looked at changes to international banking regulations that were proposed by the G20 countries at their Toronto meeting in June.

"The recent global financial crisis left a legacy of damaged economies ... Canada was not immune."
MARK CARNEY

THE CANADIAN PRESS

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Seattle. Obama


▶ Protesters outside a hotel in Seattle Tuesday.
ELAINE THOMPSON/ASSOCIATED PRESS

Obama visits Seattle

U.S. President Barack Obama took part in a round-table discussion Tuesday with small business owners at Grand Central Baker, in Seattle, to talk about jobs. The visit by Obama was his first to Washington state since his election.

Report backs offshore drilling

▶ Report follows massive Gulf oil spill ▶ NDP says report didn't study issues deeply enough

A Senate report has found no good reason to ban offshore drilling in Canadian waters.

The Senate energy and environment committee says Canadian regulations governing offshore drilling are tough enough.

"We could not identify any justification for a temporary or permanent ban or moratorium on current offshore operations," says the committee report released yesterday.

"Any future offshore operations authorized to take place in Canadian jurisdiction ... will be well and carefully regulated."

THE CANADIAN PRESS

Recommendations

- **Only one** The report notes only one drilling project — the Chevron Lona O-55 exploratory well off the coast of Newfoundland — is underway in Canada.
- **Prepare** The report recommends that everyone responsible for cleaning up oil spills practise and prepare for an accident before one actually happens.
- **Projects** There are some active oil-and-gas projects already underway off the coasts of Newfoundland and Nova Scotia.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
▲ + 52.44 (11,781.08)	▲ + 0.40¢ (97.21¢ US)	▼ – 35¢ US ($75.42 US)	$4.239 (– 2.8¢)

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MARRIAGE: AN UNNECESSARY MILESTONE

He says ...

JOHN MAZEROLLE



This is marriage season in my family.

There's the summer anniversary of my very Catholic brother and his very Catholic wife, who pops off babies like a Gremlin when you get it wet.

There's the fall anniversary of my parents, who have been dating since they were zygotes and who make eHarmony couples seem jaded and cynical.

And there's my sister, who is marrying her girlfriend on the "28st" of August, according to her delightfully flawed wedding invitations.

Also there's me: I have my divorciversary.

I've been separated from my wife for a year-and-a-half. I may, therefore, be coming from a somewhat-biased perspective when I say I don't understand how marriage became a necessary ingredient for happiness.

At some point in human history, marriage became a mandatory milestone in any life, on that timeline that starts with Baby's First Spit-Up ensconced in a scrapbook and ends with a quiet, dignified death surrounded by family members who keep casually bringing up the will.

"To 'miss out' on marriage is to spend a life dealing with people who wonder what went wrong. People might not think you're a failure, but you're not going to get an A-plus with an 'incomplete.'"

To "miss out" on marriage is to spend a life dealing with people who wonder what went wrong. People might not think you're a failure, but you're not going to get an A-plus with an "incomplete."

And if marriage disintegrates, it's always treated like a tragedy. This reached its most ridiculous point during the Tiger Woods ordeal when the front of People magazine asked, "Can Tiger save his marriage?"

Will the Hindenburg fly again? Can Stalin be revived? Can we bring back the Fox puck? Why would we want to?

By default we assume that staying married is the "right" path. Nobody after a sex scandal ever says, "You know what? I'm sorry I hurt so many people, but I've re-evaluated and marriage was a bad choice for me. I move forward regretful but wiser."

Here's what I think: I think getting married is like getting an engineering degree. Engineering degrees are awesome, a wonderful accomplishment, but they're not for everyone, and there's no shame in not getting one. And if you forced everybody to get one a lot of bridges would collapse.

Marriage can work for many people, maybe even me some day.

But it should only be a No. 1 priority for some. For others, it needn't rank higher than 28st.

Cartoon

MICHAEL DE ADDER



Letters & Tweets

HALIFAX. Tom Trottier's letter titled Helmets great, laws aren't (Aug. 17) paints a picture of helmet usage that does not jive with that of the credible sources on this issue.

To imply that the law requiring helmet use discourages the healthy physical activity of bicycle riding and is therefore counterproductive is misguided. To further refer to "studies in Nova Scotia and Australia and other places" without citing sources is a slippery slope on the road to credibility.

Recent studies by the Department of Epidemiology and Community Medicine at the University of Ottawa have clearly shown that helmet laws in Alberta and PEI have had no impact on the number of cyclists in these provinces. More importantly, they also show that helmet legislation is strongly associated with helmet usage — 73 per cent of cyclists don helmets in Nova Scotia, where legislation applies to all ages, compared to 41 per cent in Ontario where the law only applies to those under 18.

For the sake of the many "noggins" out there that need protecting — including Tom Trottier's — let's support bicycle helmet legislation.

SHIRLEY ANN ROGERS
DR. NATALIE YANCHAR
DR. SIMON WALLING
DR. JOHN TALLON

Noggin protectors

PAUL CHIASSON/THE CANADIAN PRESS



What reality TV show would you like to go on?

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Metro Minute at NBA Jam Session

If you think you've got the game, or just love all that is basketball, this weekend's NBA Jam Session on the Halifax waterfront is an event not to be missed.

The annual basketball showcase is again making stops across the country and will run in Halifax this Saturday and Sunday from 8 a.m. to 5 p.m.

On Saturday, event highlights include shooting baskets with NBA all-star Al Horford of the Atlanta Hawks, a performance by Buckets Blakes of the Harlem Globetrotters and the Toronto Raptors dance team doing its thing.

On Sunday a three-on-three tournament will take place. Visit nbajamsession.com for complete details. METRO HALIFAX

CONTRIBUTED



▶ Atlanta Hawks all-star Al Horford.

With piranhas set to take over movie screens take a look at some of the other scary animals that have made movie history From birds, bears, ants, dogs and, of course, sharks, nature has plenty of options to make your spine tingle



▶ Roy Scheider is definitely going to need bigger boat if he wants to mess with Jaws.

Hollywood's Man-eaters chew up the screen

Animals are our furry, cuddly companions, unflaggingly loyal and pure of spirit — except for when they want to eat us, that is.

Hey, cycle of life, man. Sunrise, sunset.

I's time to look at the the best live-action animal movie that have a dark side ... if you dare. With Piranha 3D swimming into theatres and zooming right into your face, here's a look at the best of what happens when animals attack:

Jaws (1975)

It defined what we've come to know as the summer movie season. It was the first blockbuster — which, in retrospect, seems like a quaint notion. But its thrills and chills and suspense are just as fresh now as they were 35 years ago. Sure, the mechanical shark that preys on Amity Island looks a little, well, mechanical compared to the CGI effects that are available today.

But in his youth, Steven Spielberg was wise enough to know that it's what you don't show — what you just suggest — that's even more frightening. And John Williams' startling score was simplicity itself. Clearly, it still isn't safe to go back in the water.

The Birds (1963)

Ah, Bodega Bay ... so tranquil, so scenic. Until the killer birds come swooping in to peck everyone to bloody bits. The screeching noise alone that these creatures make is frightening in Alfred Hitchcock's classic, but it's his use of silence that's truly, deeply disturbing. The staccato unpredictability of their movements adds to the sense of unease, the fierce darkness of the crows' feathers providing a sharp contrast to Tippi Hedren's blonde, creamy features. And then there's that last scene, where the birds are just sitting there peacefully, watching our heroes drive away ... is it a sign of the apocalypse? Or just a good excuse to be unnerved? Either way, it's still scary as hell today.

Cujo (1983)

Man's best friend becomes his most fearsome, furry enemy in this thriller based on the Stephen King novel. The name alone is so synonymous with killer canines, it's become shorthand.



▶ Timothy Treadwell in Grizzly Man.

And it's not like some yippy, annoying dog that turns into a monster, like a Yorkie or a Chihuahua. No, this is a friendly, lovable St. Bernard, a breed that's traditionally been known as a reliable caretaker, who goes wild after he's bitten by a rabid bat and wreaks havoc on a small town. It's sort of a squeamish thing, the idea of having to fight and take down an animal that's traditionally considered a family member, but Cujo suggests that primal survival instincts will always win out in the end.

Grizzly Man (2005)

And speaking of survival ... we know from the start of this documentary that Timothy Treadwell is doomed, but that doesn't make it any less riveting. Werner Herzog's film follows the events that led up to Treadwell's 2003 mauling by a bear in the Alaskan wild, a place this daring and charismatic man chose to call home for a dozen years to surround himself with these hulking creatures.

He considered them his friends, shot video of himself frolicking with them, even gave them cutesy names.

But as Herzog reveals, who Treadwell really was proved just as fascinating as his horrible fate.

Them! (1954)

Ants — they're so tiny and harmless, they couldn't do any real damage beyond making a picnic unpleasant, right? Wrong! Sometimes ants turn gigantic and predatory when exposed to nuclear testing in the New Mexico desert.

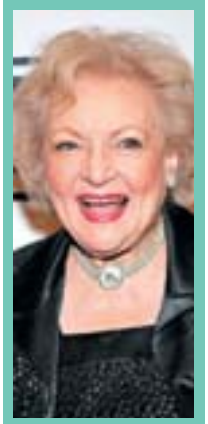
But we don't see the big, angry bugs for a while; instead, Them! builds suspense on the premise of a mysterious, unknown menace.

A reflection of Cold War terror and panic, this black-and-white science fiction classic was nominated for an Academy Award for its special effects and featured a cast including James Whitmore, James Arness, Fess Parker and Leonard Nimoy. But it was also good, cheesy fun.

THE ASSOCIATED PRESS

2 scene

Book Deal



in Betty White's ever-rising career: books. The 88-year-old actress has a two-book deal with G.P. Putnam's Sons, starting in 2011 with Listen Up! The publisher said yesterday that the book will include what White has learned over "her incredibly varied, decades-long career in Hollywood." Subjects will include life, love, sex and celebrity.

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Find out what 93-year-old actor is getting a lifetime achievement award from the Screen Actors Guild.

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Album reviews A classic ⊕⊕⊕⊕⊕ | Buy it ⊕⊕⊕⊕ | Get the single ⊕⊕⊕ | Borrow it ⊕⊕ | Don't bother ⊕



A discovers her voice

Jill Hennessy
Album: Ghost in My Head
Label: Master Rock
⊕⊕⊕½

This debut CD is not the work of a pampered Hollywood waif cashing in on her celebrity with a quickie CD of co-writes and covers. Jill Hennessy never fit that mould, even on television. She learned the ropes busking the streets of Toronto years before finding near-cult status on Law and Order. She has a folky vibrato that suits these ten heartfelt songs written with a nod to the great craftsmen of the '70s. Stark lyrical imagery enters dark terrain from a troubled childhood on tracks like Falling Down, Small Hands and Save Me. Hennessy also finds a storyteller's pen on Erin, a haunting look at the life of an exotic dancer.
Outstanding track: Falling Down
GRAHAM ROCKINGHAM



Sweet Thing
Album: Sweet Thing
Label: EMI
⊕⊕⊕

Toronto's Sweet Thing could be the city's next big mainstream export. They're loud, brash, polished and poppy, just the sort of thing you'd hear on U.S. rock radio. Songs like the epic U2-like Change of Season and the darker Killers-ish Dance Mother could be chart toppers. As a whole, though, the album is uneven. They jump from straight-up rock and anthemic pop to new wave and power pop. While Dance Mother is a solid song, Over Me's mall-pop relationship talk doesn't have the same maturity as the rest of the songs. The band is off to a good start, but it could be a while until they really make their mark.
Outstanding track: Change of Season
BRYAN BORZYKOWSKI



Iron Maiden
Album: The Final Frontier
Label: EMI
⊕⊕⊕½

Unlike contemporaries AC/DC and Ozzy, Iron Maiden still manage to come up with new ideas in their fifth decade as a band. The Final Frontier isn't a far stretch from the apocalyptic fantasies of their previous 14 albums, but the technical prowess of these metal pioneers is still a wonderment to hear. All it takes is one listen to the intricacy of nine-minute epic The Talisman to understand that if this isn't their final album as it's rumoured to be, Maiden can reach that sixth decade without sounding like it.
Outstanding track: The Alchemist
CAM LINDSAY



Ray Lamontagne and the Pariah Dogs
Album: God Willin' & the Creek Don't Rise
Label: RCA/Sony
⊕⊕⊕⊕

Ray Lamontagne comes out of the box with both barrels blasting on opening track Repo man, a six-minute high-speed chase designed to show that he's more than just a superb songwriter with a multi-textured voice. He's also fronts a band, led by guitarist Eric Heywood and bassist Jennifer Condos, that can cook with the best. Still, there's plenty of quality stuff here for fans of Lamontagne's dark alt-country persona. The title track overflows with impending Appalachian doom, while New York City's Killing Me could easily fit into any Gram Parson's songbook.
Outstanding track: Repo Man
GRAHAM ROCKINGHAM



Colleen and Paul
Album: Colleen and Paul
Label: Boompa
⊕⊕⊕

Sometimes you just want to listen to a light, summery disc. Toronto songwriters Colleen Hixenbaugh (formerly of By Divine Right) and Paul Linklater have created just that, a quick listen of breezy, catchy tunes. While the disc is generally lo-fi and acoustic, it covers a lot of musical ground. Colleen and Paul will never be hit makers, but with such infectious melodies, that's a good thing.
Outstanding track: TV Summer
BRYAN BORZYKOWSKI

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Jail tale could net Lohan a cool $1M

Star set to profit after prison, rehab stints Father Michael avoids ex's harassment charge

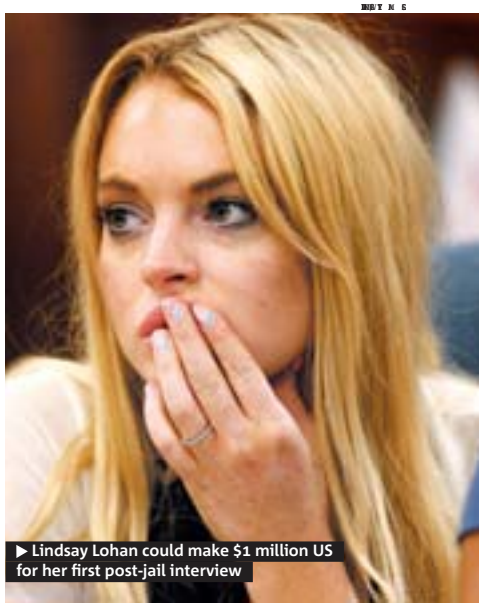
When she gets out of rehab — which could be as early as this week, according to some reports — Lindsay Lohan stands to make a quite a profit, as OK! Magazine is reportedly ready to pay her $1 million US for her first post-jail interview, according to the Hollywood Reporter.

Her fee for appearances at New York or Los Angeles events has reportedly hit $25,000 to $100,000, and she can command around half a million for a Vegas appearance, according to the newspaper.

Meanwhile, father Michael Lohan's ex-fiancee has told a New York judge she no longer wants to pursue criminal charges against him stemming from a fight last month.

Both Kathryn Major and Lohan appeared in Southampton Town Court on Long Island yesterday. His attorney entered a not guilty plea to the harassment charge.

Moments later, Major testified she wanted to drop the charge. She also agreed to drop an order of protection requiring Lohan to stay away from her. In July, she told police Lohan had threatened her during a fight. Town Justice Andrea Schiavoni told Lohan if he stays out of trouble for six months, the case will be dropped. **THE ASSOCIATED PRESS**



▶ Lindsay Lohan could make $1 million US for her first post-jail interview

Justin talks about Drew

LOVE WILL FIND A WAY. Justin Long is opening up about his on-again, off-again relationship with Going the Distance co-star Drew Barrymore. "We've been through everything, the whole gamut of the heights of love to the depth of heartbreak," he tells New York magazine. "I mean, we've been on quite a journey." **METRO**

James eyes move to Austin

REUNION TOUR Jesse James is set to move to Austin, reportedly following ex-wife Sandra Bullock, and she's fine with that — but that doesn't mean they're reconciling. "I support Jesse in his move to Austin," she tells People magazine. "We have both moved on with our lives and only want the best for each other." **METRO**

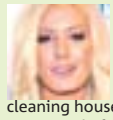
Celebrity tweets



John Mayer [@johncmayer] Ladies and gentlemen, I am no longer funny on Twitter. Literally 15 attempts to write a thought dashed by my own deleting. :(



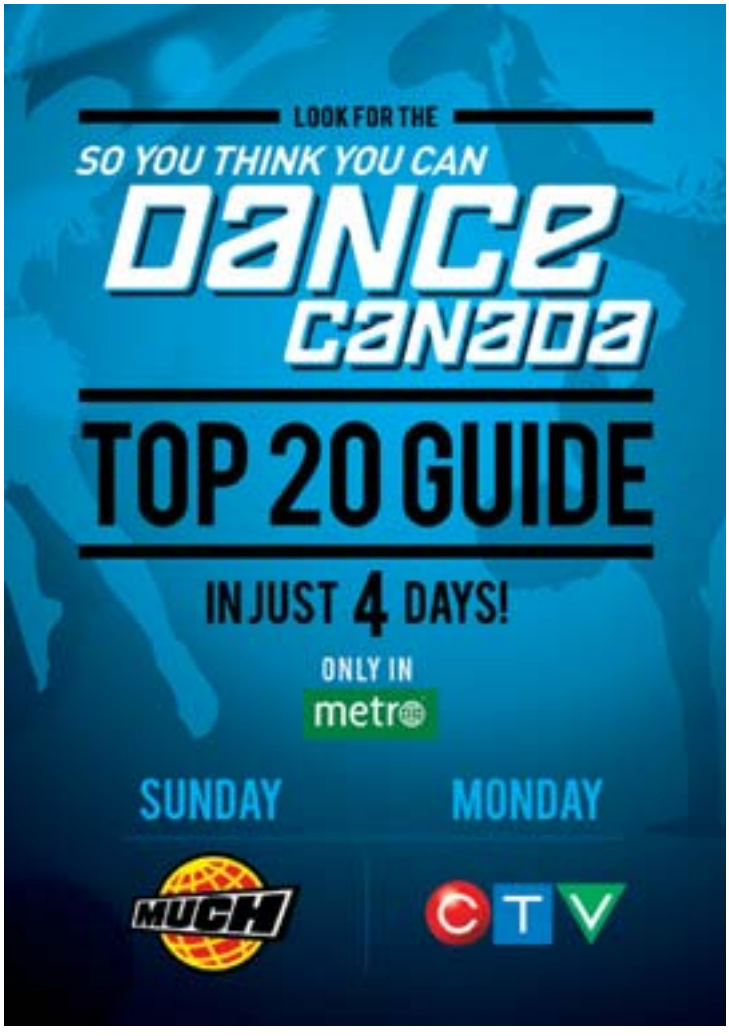
Kanye West [@kanyewest] Me and Mos Def had a push up contest at Nobu last night... Suits on... I did keep on my shoes though lol! Super deep convo followed of course.



Heidi Montag [@heidimontag] cleaning house and getting rid of my old life, it feels good to live fresh.



Stephen Colbert [@StephenAtHome] The worst part about Newsweek rating America below Luxembourg is that now I've heard of Luxembourg







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Making sense of fall fashion

CATWALKING



▶ Miu Miu

GETTY IMAGES



▶ Louis Vuitton

CATWALKING



▶ Celine

CATWALKING



▶ Dries Van Noten

There's no shortage of trends to choose from this autumn and winter



KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

The battle of the decades

The Fifties, Sixties and Seventies all emerged as key points of reference for autumn. Chloé, 3.1 Phillip Lim and Yves Saint Laurent with their wide-leg trousers and billowing blouses, are just a few examples of autumn's seventies-flavoured collections. While Giles, Anna Sui and Miu Miu all had a strong early Sixties undercurrent. Prada and Louis Vuitton gave up major Fifties references in the form of full, lady-like skirts, corsets and prim kitten heels.

Worth spending your money on: The universally flattering Fifties skirt works perfectly with a crew neck sweater for the office and with an even tighter cardigan for a date night.

Minimalism returns

Thank Celine creative director Phoebe Philo for all the precisely cut looks you're seeing in stores right now. She's mostly responsible for moving fashion away from all the studs, rivets and spikes and towards its current air of restraint: austere white shirts, the crispest A-line skirts, sharply tailored coats you could practically cut your finger on, you get the idea. Calvin Klein, Stella McCartney and Maison Margiela were all similarly enthusiastic champions of these ideas for fall.

Worth spending your money on: A clean, well-made blazer or coat. It might be your most expensive purchase, but it will never go out of style.

Old comforts

Just about everything classic is cool again. Aviator jackets (Burberry Prorsum), Fair Isle knits (D&G), heather gray sweats (Dries Van Noten), velvet anything (Ralph Lauren), the list goes on. The beauty of these staples is that they have a can't-go-wrong versatility to them. It's almost impossible to wear them badly.

Worth spending your money on: A shearling-lined aviator jacket is not only warm to get you through winter, but it looks equally right with a dress or jeans.

What to skip

- **Anything that has a high-waist, wide-leg and a tapered ankle — in the same garment.** The trousers look great on models, but most likely not so good on you (or us).
- **Chunky, color-block heels.** Balenciaga did these. They are very expensive. The knockoffs are in stores. But they don't look anywhere close to the real thing. Resist them.

Men's grooming

Liz Earle for men after-shaving moisturizer (Naturally active men's skincare)

Redness and bumpy irritated skin, are all signs of post-shave problems. However, Liz Earle for men After-Shaving Moisturiser, is rich in borage and vitamin E which helps sooth delicate post-shave skin. These ingredients help to prevent further irritation and hydrate sensitive areas to maintain a smooth and healthy appearance all-year round.

RICHARD PECKETT



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Strike at NYC's Fashion Week?

Landing on the Moon

Bay serves up modern essentials with new affordable apparel line

Budget-conscious fashion has become big business with consumers flocking to mass retailers in search of trendy yet affordable apparel.

But with the nationwide launch of its new apparel line, Moon, the Bay is aiming to do more than just appeal to cost-conscious consumers looking out for their bottom line.

The line's debut offerings comprise a range of streamlined separates designed to be versatile for everyday wear in addition to serving as building blocks in the modern woman's wardrobe.

Prices for the line span from $19 to $79. The offerings include classic shirts, cardigans, turtlenecks, blazers, dress pants, jersey knit dresses and skirts in mini, pleated and pencil styles. Outerwear runs up to $139.

"It's a collection of essential pieces for work and play, evening and day," said Saul Mimran, president of the Mimran Group, whose company partnered with the Bay on the line, which is geared toward women aged 25 to 45. "It's well priced, and is for the lady who is on the way up."

Mimran said the key change in dressing today's woman has to do with fitness and lifestyle.

"She's working out, she's fit, she's eating well, and she wants to show it, and she should, and we want to be there to help her," he said, pointing to the leaner cut in the designs.

"She's also very interested in making a good investment in her clothing, doesn't want to be so fast that it's worn once and thrown out. We hope that these clothes can hang in her closet for many seasons and be worn many times over."



▶ Models pose in a campaign image for Moon, a newly launched affordable modern apparel line for women at the Bay

Last year, the Bay relaunched The Room at its flagship Queen Street location in Toronto devoted to showcasing higher-end lines. But the retailer is broadening its focus beyond luxury offerings to compete with other retailers offering moderately priced apparel.

"What we're trying to do is look at brands, and not only Moon, but go after other brands that are great price points ... and have a contemporary feel," said HBC fashion director Suzanne Timmins. "That's part of our strategy."

"These are great prices, but they're also keeper pieces, and the kind of pieces that you'd have from season to season and build on, hopefully within the Moon brand itself," she said of the new collection.

The new line's moniker also has its ties to a Canadian fashion heavyweight. Moon was the name of the Toronto boutique opened back in the '70s by Mimran Group partner and designer Alfred Sung. Moon is also part of Sung's name.

THE CANADIAN PRESS



▶ A cowl top

▶ A Moon cardigan



▶ Double knit jersey dress



▶ A newly launched modern line for women in now available at the Bay



New bags full of tricks

Grab the latest bag and carry it into fall with style

The hottest bags for fall are fit for a lady.

Replacing the large, heavily embellished bags of recent history are vintage-inspired ladylike models topped off with a handle or two.

The style offers a feminine contrast to fall's menswear-inspired details like strong-shouldered jackets and complement the longer-length '50s style skirts being turned out in pinstripes and plaids.

"The new direction for handbags this season is a return to a structured, ladylike handbag," says Ken Downing, senior vice-president and fashion director of Neiman Marcus.

"With the sharp tailoring and appreciation for men's tailored details, the structured bag is the go-to bag."

These bags all look right with of-the-moment fashion, but also go well with just about everything in your closet short of formal evening-wear, says Julia Kalachnikoff, accessories director for Lucky magazine.

All retro in look, they are versatile enough for jeans but go through cocktails, she says.

Some of the latest options from designers such as Marc Jacobs, Louis Vuitton and Prada recall the bags carried by gloved hands in the middle of the last century. Today's versions, though, are anything but stuffy, and there's plenty of room for all of your stuff.

THE ASSOCIATED PRESS



▶ The Marc Jacobs Cardboard Gene bag in brown



1



2

1 LOUIS VUITTON
the Louis Vuitton Cuir Cinema bag in rose. The hottest bags for fall are fit for a lady. Replacing the large, heavily embellished bags of recent history are vintage-inspired ladylike models topped off with a handle or two.

2 TONY BURCH
Tory Burch Sawla Messenger in Printed Brown Kongo. Strips of fringy leather have been around since the Wild West but they're getting the luxury treatment on handbags.



I'm sure I saw "new coat for Mom" on the School Supply list.

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3



4

3 NEIMAN MARCUS
The Nancy Gonzalez crocodile handbag in olive

4 LOUIS VUITTON
The Louis Vuitton Sequin Carrousel bag.

Beauty pick

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Bee Yummy Skin Food

While there are plenty of natural beauty goods to choose from these days, Bee Yummy Skin Food seems to be the product of choice for the die-hard health nuts, environmentally conscious and beauty product junkies alike. The ingredients include unfiltered wildflower honey dripped straight from the comb, St. John's Wort Oil extracted from flowers hand-picked at noon and Royal Jelly from the same colony of bees behind the honey. It all combines to create a hydrating and healing salve that is rich in antioxidants, minerals and amino acids and feels great to the touch.

KENYA HUNT









▶ Ikea products are named after different things, including Scandinavian places.

The strange words of Ikea furniture

Why is Billy called Billy? There's a method to naming the Swedish company's products

KRISTOFFER RENGFORS
METRO STOCKHOLM

They've baffled non-Swedes for years and become he subject of countless internet jokes, but Ikea bosses say their strange-sounding product names make perfect sense!

"It all started with Ingvar Kamprad (founder of Ikea) thinking it was too hard to remember products just by their numbers so he started naming everything instead," said Ylva Magnusson, press manager at Ikea in Sweden.

As Ikea started growing into the giant company it is today, a small team of people were given the task to come up with names for everything in the product line.

A system was worked out. Beds and wardrobes were named after places in Norway, while bookcases were given Scandinavian boys names or named after professions. Bathroom articles were named after Swedish lakes. It all made perfect sense!

But Magnusson added: "Now there is a database where potential names are stored. We have 9,500 products and about 30 per cent are changed every year.

"That's 3,000 new names every year so it's really important that the names are not recycled and that we have checked and cleared names that might be offensive in other languages."

So why keep the Scandinavian names?

For instance, if the plastic box Samla was named Collect in English, then people might understand the name in other countries.

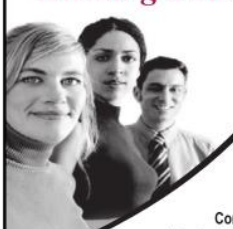
"But, at the same time, the names are seen as exotic in many places. And being Swedish is a big part of our soul and brand," said Masnusson.

What's in a name?

How names are chosen for Ikea products

- **Beds, wardrobes, hall furniture:** Norwegian places
- **Dining-tables and chairs:** Swedish places
- **Bookcases:** Professions, Scandinavian boys names
- **Bathroom articles:** Names of Swedish lakes, watercourses etc.
- **Kitchens:** In general, names suited to how the individual products are used.
- **Desks, chairs and swivel chairs:** Scandinavian names of boys
- **Garden furniture:** Names of Swedish islands
- **Rugs:** Danish place names
- **Bathroom articles:** Names of Swedish lakes, watercourses etc.
- **Lighting:** Measurement units, seasons, months, days, shipping and nautical terms
- **Fabrics, curtains:** Scandinavian girls names
- **Bed textiles:** Flowers and plants.
- **Children's products:** Mammals, birds, descriptive words.

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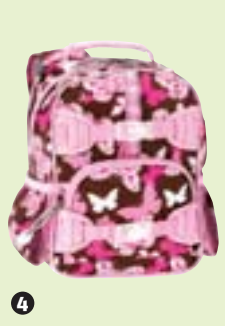
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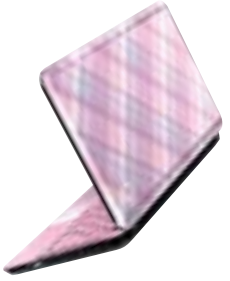
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7 HP MINI 210
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Back to school in style

Outfitting your dorm room is easy if you know how to shop

KARL LOHNES
FOR METRO CANADA

Whether it's a move to a residence or a small off-campus apartment, space is often limited when you're on a student budget, not to mention the difficulty of creating a decor style of your own. Here's a few ideas to create a budget-friendly oasis that will look and function like a million bucks:

Storage: Over the door hooks can keep laundry, backpacks, purses and bathing totes off the floor and in plain view at all times. An under-bed drawer is a great place to keep extra bedding or out of season clothing. A freestanding, over the bed bookshelf is a great vertical storage addition for alarm clock, books, photo albums, etc.

"A desk chair should be comfy enough to do homework, but then act as an occasional chair when a friend visits."

Double-duty furnishings: A desk chair should be comfy enough to do homework, but then act as an occasional chair when a friend visits; a storage ottoman allows you to put your feet up, acts as an additional perch for friends to sit and of course can be used to hide dirty clothes until laundry day.



Choose decor colours: Think of your favourite colour and use it for accessories in the room. a great starting point is to choose a duvet cover that has your favourite colours. Then choose matching, sheets, throws, pillows, lampshades and area rug that match.

Use the Internet: Shopping online with Bed, Bath & Beyond is easy; they have the most comprehensive website for back-to-school items and they'll ship anywhere in Canada and have a great return policy. Buying from online classifieds and Kijiji is a great starting point. Look to buy the big stuff like dressers, beds, desks and chairs in the city where you'll be going to school.

KIJIJI/SUBMITTED



▶ A stylish student's room with storage and comfort in mind. All furnishings were purchased from online classifieds.







2 HAMPER $14
Spiral Hamper, Bed, Bath & Beyond.

1 BEDDING $160
Full Bloom Comforter Set, Bed, Bath & Beyond.

2 TOTE $19
Mesh Tote, Bed, Bath & Beyond.

Dos & don'ts

- **DO** use ambience lighting. Many residences don't allow for candles to be lit, so an alternative option is to purchase a small light with a low wattage so you can leave it on at night and feel safe coming home to a room that isn't completely dark. LED candles are a safe and wonderful way to create ambience in a room.
- **DON'T** overuse patterns. A lot of pattern in a small space can be overwhelming, so it's best to choose solid colours for larger items. That allows for more patterns to be used in smaller accessories.
- **DO** buy items that are proportionate to your room size. Buying a queen or king size bed might suit your fancy, but it won't leave you much room for anything else in a dorm-style space.
- **DON'T** permanently attach things to your walls. The last thing the landlord wants is for you to drill holes in the walls, so another option is to use Sticky Tack to hang items on the walls or have a freestanding bookshelf to display items rather than a wall shelf.

Five ingredients = easy grub

Breakfast burritos

Ingredients:
- 8 large eggs
- 1 cup (250 ml) light (single) cream
- 4 flour tortillas
- 1/2 cup (125 ml) tomato salsa (or chutney)
- 2 cups (100 g) watercress



Preparation:

1. Beat the eggs and cream in a large bowl.
2. Cook the egg mixture in a large nonstick frying pan over medium-low heat for about 5 minutes, stirring often, or until the eggs form large chunks.
3. Set aside and keep warm. • Warm the tortillas in a large frying pan over high heat, one at a time, until they begin to colour. • Transfer to a flat surface and spread with the tomato salsa. • Top with the scrambled egg and watercress.
4. Fold the tortillas over and serve hot.

Serves: 4
Preparation: 5 minutes
Cooking: 7 minutes
For more delicious recipes visit rd.ca
READER'S DIGEST

Spicy sausage & tomato soup

Ingredients :
- 2 cups (500 ml) vegetable stock
- 2 (14-ounce/400-g) cans chopped tomatoes, with juice
- 8 ounces (250 g) Spanish chorizo sausage, peeled and sliced
- 1 (14-ounce/400-g) can cannellini beans, drained
- 2 tablespoons coarsely chopped fresh thyme



Preparation:

1. Combine the stock, tomatoes, sausage, and beans in a large saucepan.
2. Bring to a boil and simmer gently for 10 minutes.
3. Add the thyme and simmer for 5 more minutes.
4. Serve hot.

Serves: 4
Preparation: 10 minutes
Cooking: 15 minutes
For more delicious recipes visit rd.ca
READER'S DIGEST

Barley with Pancetta & beans

Ingredients :
- 5 ounces (150 g) diced pancetta
- 11/2 cups (300 g) pearl barley
- 1 cup (100 g) frozen baby fava (broad) beans (or substitute frozen baby lima beans)
- 2 cloves garlic, chopped
- 4 cups chicken stock

Preparation:

1. Dry-fry the pancetta in saucepan over medium heat for 3 minutes, until crisp. • Add the barley, fava beans, and garlic. Pour in the chicken stock. Bring to a boil. • Cover and simmer over low heat for 30 minutes, until the barley is tender and all the liquid has been absorbed. • Serve hot

Serves: 4
Cooking: 35 minutes
READER'S DIGEST

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Peach Breakfast Crostini



Ingredients :

- 500 ml (2 cups) thinly sliced, pitted peaches
- 250 ml (1 cup) blueberries
- 250 ml (1 cup) raspberries
- 50 ml (1/4 cup) chopped crystallized ginger
- 30 ml (2 tbsp) maple syrup
- 15 ml (1 tbsp) chopped fresh mint
- 24 slices of baguette, cut 1 cm (1/2 inch) thick
- 15 ml (1 tbsp) butter, melted
- 5 ml (1 tsp) ground cinnamon
- 5 ml (1 tsp) granulated sugar
- 50 ml (1/4 cup) low-fat cream cheese

Preparation:

1. Preheat oven to 190 C (375 F).
2. In a bowl, combine peaches, blueberries, raspberries and ginger. Drizzle with maple syrup and toss gently to combine. Sprinkle with mint. Let sit for 15 minutes or covered for up to 6 hours.
3. Arrange slices of baguette on a rimmed baking sheet. Brush one side of each slice lightly with melted butter and sprinkle with cinnamon and sugar. Bake in the centre of the oven until toasted and golden, turning once, about 8 minutes.
4. Spread cream cheese lightly over each toast and top with fruit mixture.

Tip: If you want bread a little softer, do not toast.

THE ASSOCIATED PRESS

VALERIE MANSOUR/FOR METRO HALIFAX



▶ The Battered Fish is more than just a fish and chip stop.

Delicious seafood on the waterfront

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



It's a busy day on the Halifax waterfront with tourists everywhere. Luckily most are occupied watching the nearby buskers, so the line-up at The Battered Fish is short.

This is not your usual mobile take-out. The selection is large and includes various seafood, as well as salads, chicken fingers, sausages, hot dogs and appetizers such as poutine and sweet potato fries.

My pal orders the two-piece Fish and Chips. The good-size serving comes in a box; the fish tastes fresh and the batter is light. The accompanying fries are of the thin, soft variety.

My Seafood Platter features haddock, as well as two coconut shrimp — nicely cooked and flavoured — and two huge, lightly-battered scallops. Only the clams disappoint as one has to dig through a lot of crispy batter to find a few tiny morsels. I try to make a dent in the heap of yummy fries, as we watch the ships sail by.

- **The Battered Fish**
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▶ Rachel Ray.

Rachel Ray offers up from tasty bytes

Famous cookbook author issues recipe app so she doesn't have to lug her own book to the grocery store, and now, neither will you

Now you can get things "Yum-o" to go.

Rachel Ray, best-selling cookbook author and TV personality, has a new iPhone application, Tasty Bytes, that combines recipes and cooking tips with a shopping tool aimed at getting you down the aisles faster.

The app includes 200 recipes and a shopping function that tallies ingredients and amounts from selected recipes into one list.

In an email, Ray said she decided to develop the app for convenience, her own as well as others.

"When I head to the grocery store, I know what meals I want to make for the week and I buy ingredients based on those recipes. Sometimes I bring my own cookbook to the market and feel silly carrying a book around with my head on it," she said. "I figured why not create a recipe database that was portable and mobile, so I could provide busy cooks, including myself, with a simple way to search through tons of recipes and be able to shop for ingredients in the fastest way possible."

"I figured why not create a recipe database that was portable and mobile, so I could provide busy cooks, including myself, with a simple way to search through tons of recipes and be able to shop for ingredients in the fastest way possible." RACHAEL RAY

The new Ray iPhone app isn't her only dip into the digital world. She also plans to post regularly on Twitter as @rachael-ray.

Tasty Bytes recipes and shopping lists can be emailed to users for back-up. The recipe database, which includes 30 recipes exclusive to the app, is searchable by meal type, holidays, cooking style and ingredients.

You also can work backward, choosing ingredients, meal types and cooking styles to find a recipe that fits what you're in the mood to eat.

The app, developed by Threshold Interactive in Culver City, Calif., costs $1.99.

THE ASSOCIATED PRESS

A select few

- Ray isn't the only cooking celebrity with an appetite for the digital life. She joins a food phone force that includes:
- Martha Stewart
- Tyler Florence
- Jamie Oliver

THE ASSOCIATED PRESS

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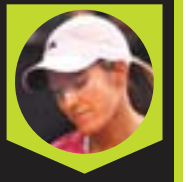
4 sports

Tennis

Up and down

Rafael Nadal
The top-ranked player didn't have much trouble winning his opening match at the Cincinnati Masters. Nadal took control at the start of his 6-2, 7-5 win over American Taylor Dent.





Justine Henin
The former No. 1 will miss the rest of the 2010 season as she recovers from an elbow injury. Henin, 28, suffered the injury at Wimbledon in July. She said on her personal website that she would not be able to practise again until October.

Scan code for more sports

Mooseheads look to impressive rookie crop to boost offence Only three 16-year-olds in team history have had 30-point campaigns No QMJHL team has scored less than the Mooseheads the past two seasons

RYAN TAPLIN/METRO HALIFAX



Halifax Mooseheads rookie forward Luca Ciampini, left, chases down a loose puck during last night's intra-squad game at Cole Harbour Place.

Top pick looking for offensive role with Herd



MATTHEW WUEST
@METRONEWS.CA

Luca Ciampini figured a curly mop like his wouldn't last long at a major junior hockey training camp.

So the 16-year-old rookie from Montreal paid a quick visit to the barber before joining the Halifax Mooseheads at Cole Harbour Place on Tuesday, reining in the billowing 'do he sported at the QMJHL draft in June.

"I figured they'd cut it for me," Ciampini said with a grin, alluding to his new teammates. "So I decided to do it myself first."

The fact that Ciampini likes taking matters into his own hands is a good sign for the Mooseheads, who drafted him second overall and are hoping the five-foot-11, 189-pound left-winger can revive their lifeless offence.

Although he didn't score during last night's camp-opening intrasquad scrimmage, he arrives in town with a reputation as a sniper, having scored 30 goals in 55 games at the midget AAA level last season and drawing comparisons to Luc Robitaille.

"Everybody develops at a different rate, but I think fans can look forward to seeing a player like Ciampini having an excellent, exciting junior hockey career."
MOOSEHEADS GM CAM RUSSELL

"Right now, I just want to make the team," he said. "From there on, I want to be an offensive guy for the team. I want an offensive role and I'm going to work my hardest to get it."

Only three 16-year-olds in franchise history — Etienne Drapeau, Brandon Reid and Brandon Benedict — have so much as cracked the 30-point plateau, so expectations for Ciampini in 2010-11 shouldn't get out of control.

At the same time, the Mooseheads made Ciampini the second highest pick in franchise history for a reason. He certainly sounds up to the challenge.

"It's going to take some time to adjust, but I'm a quick learner," Ciampini said. "I should be fine heading into the start of the regular season."

Camp notes



Mooseheads top pick Luca Ciampini prior to getting a pre-training-camp haircut.

- **Late additions** There are now 45 players at camp, with the arrivals of forward Ryan Nickerson, defenceman Lucas Dawe and goalie Randy Chisholm.
- **Frk watch** Top import pick Martin Frk is not in town as the Mooseheads await an International Ice Hockey Federation ruling on his transfer from the Czech Republic.
- **Live on Twitter** Matthew Wuest will live Tweet from tonight's intrasquad scrimmage. Follow @metroqfiles for the latest.

MacDonald nets two in intrasquad opener

Bradley MacDonald shook off the rust quickly as the Halifax Mooseheads held their first intrasquad scrimmage last night at Cole Harbour Place.

The 18-year-old returning left-winger lined up with rookie centre Matthew Boudreau and sophomore right-winger Alex Lemieux and scored back-to-back second-period goals to help Team A to a 6-3 victory over Team B.

"I had the jitters going into 'er — it was a tough day of practice and training," said MacDonald. "But I had two great linemates who play the same style as me and I got lucky to score two."

Also highlighting the night were first-period shutouts from returning goalies Peter Delmas (Team A) and Mathieu Corbeil (Team B).

Rough-and-tumble returnee Garrett Clarke was among those setting a physical tone early, going for numerous big open-ice hits.

"Boys were hittin' and running their mouths," MacDonald said. "We're all friends off the ice but everybody's trying to make the team."

MATTHEW WUEST

Favre: 'I owe it to this organization'

JIM MONE/THE ASSOCIATED PRESS



▶ Minnesota Vikings quarterback Brett Favre throws a pass during training camp yesterday.

QB officially returns for 2nd year with Vikings Sights set on Super Bowl

The lure of playing in another Super Bowl brought Brett Favre back to the NFL — again.

Favre joined his Minnesota Vikings teammates at practice yesterday. The three-time MVP wore a helmet, shoulder pads and red quarterback's jersey as he worked out with Minnesota for the first time since getting battered by New Orleans as the Vikings lost the NFC championship game in January.

"As we were driving on that last drive it seemed like it was destiny — for us," Favre said. "I was so close, so close to getting these guys to the Super Bowl."

Instead, Favre threw an interception in the final minute of regulation. The Vikings never got the ball back in overtime.

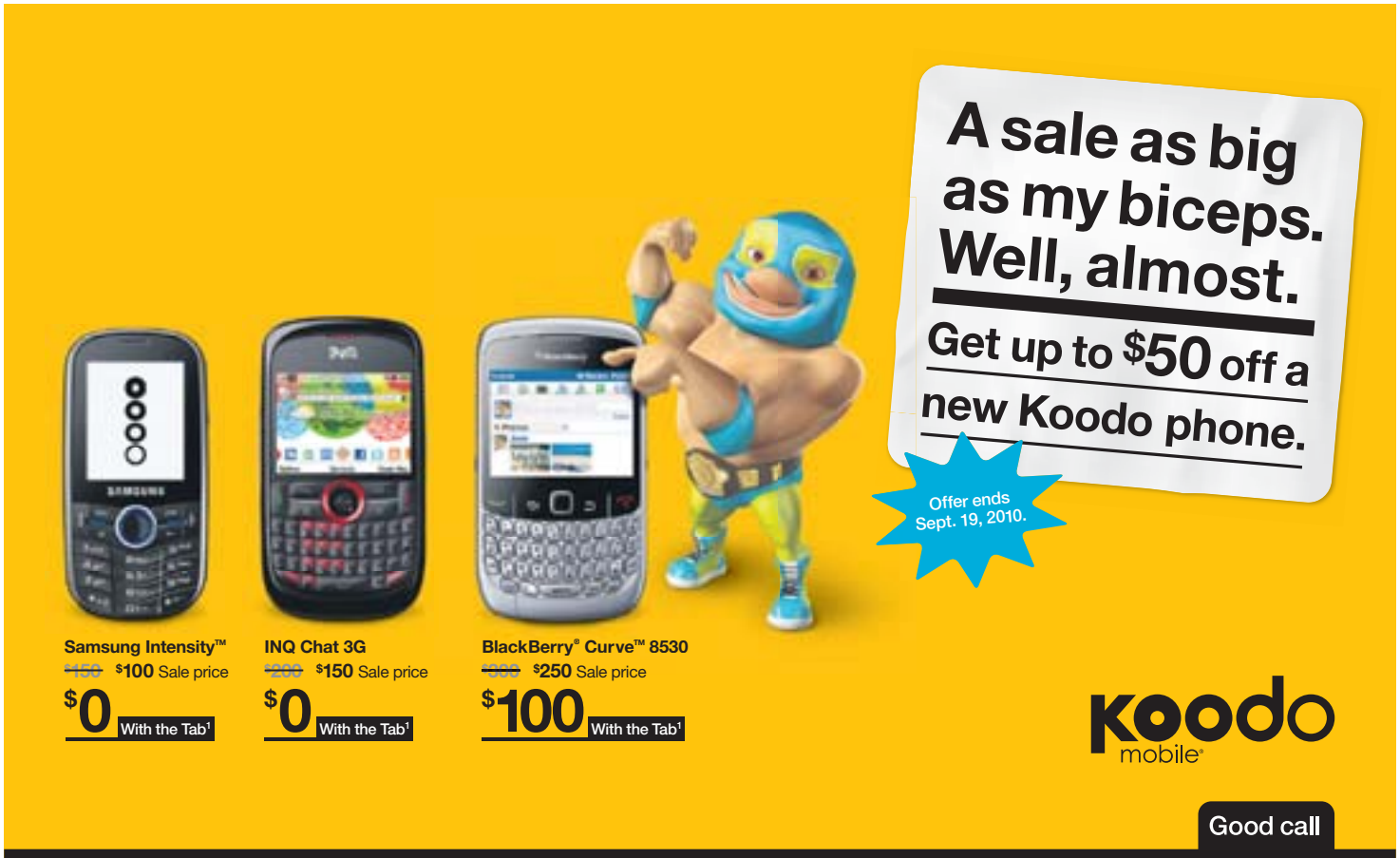
"I owe it to this organization to give it one more try," the quarterback said.

Not that coming back for a 20th season was a simple decision.

"I could make a case for both playing, not playing," Favre said. "This is a very good football team. The chances (of going to the Super Bowl) here are much greater than other places. From that standpoint, it was always going to be easier (to return).

"Part of me said it was such a great year, it would be easy to say, 'Hey, can't play any better, why even try?' Then the other part is, 'Guys are playing on a high level. Why don't I go back out?'" THE ASSOCIATED PRESS





Sports in brief

Waterloo team surprised, says new report

CIS FOOTBALL. Most members of the suspended University of Waterloo football team "were surprised" by the number of drug cheats in their midst, according to a report commissioned by the school and released yesterday.

The school suspended its football program from competition for a full season in June after urine tests revealed nine anti-doping violations.

Braves get Lee

BASEBALL. The Atlanta Braves bulked up for the playoff race yesterday, acquiring first baseman Derrek Lee from the Chicago Cubs. The Braves sent three minor league pitchers to the Cubs.

METRO NEWS SERVICES

Hybrid icing rule gets second look at NHL camp

Proposed rule considers player safety

On the first day of the NHL's research and development camp, hockey certainly looked different. But there's no reason for fans to expect any drastic change to the game.

There wasn't exactly a flood of support for having just one faceoff dot in the centre of the offensive zone or starting play with the puck already on the ice and the referee blowing his whistle.

Instead, some of the more subtle changes seemed to appeal to the general managers in attendance at the Toronto Maple Leafs practice facility.

Chief among them is a hybrid icing rule that is designed to reduce dangerous collisions resulting from a race for the puck. The proposed change gives linesmen the ability to make a ruling on whether a play will be called icing based on which player reaches the faceoff dot first — rather than who is first to touch the puck.

"Anything we can do with icing to protect our players, we should do," Ottawa Senators GM Bryan Murray said yesterday. "If the linesman can make the call earlier, then obviously it will benefit the good players in our league."

NHL vice-president Brendan Shanahan, who organized the research and development camp, acknowledged that the proposed change was "gaining a lot of interest and traction."

THE CANADIAN PRESS

Baseball. Catching Rays



▶ Tampa Bay Rays right fielder Sean Rodriguez crashes into the wall to make a catch yesterday in a game against the Texas Rangers.

CHRIS O'MEAR/THE ASSOCIATED PRESS

Rays win possible playoff preview

This was one nice series for Evan Longoria and the Tampa Bay Rays. Longoria hit a solo homer and drove in four runs to help the Rays beat the Texas Rangers 8-6 yesterday, completing a sweep of the three-game set between potential playoff opponents. "We did it against a real good ballclub," Longoria said. "I think everybody at this point understands that these games are really starting to become big." THE ASSOCIATED PRESS

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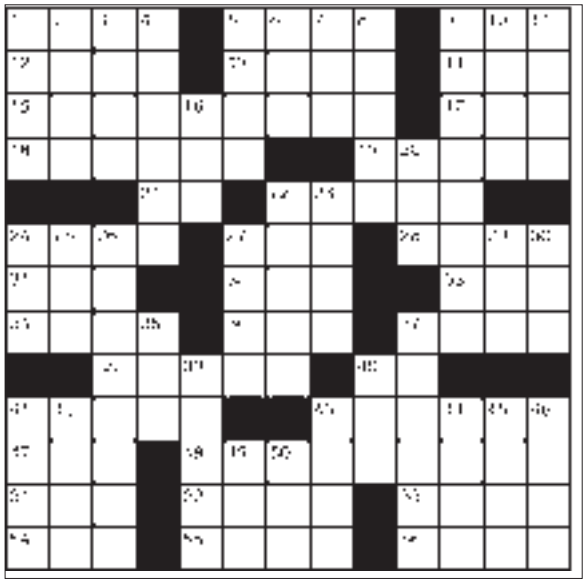
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Crossword



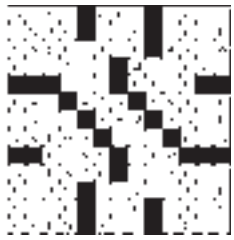
Across

1 Unopened roses
5 "Oh, woe"
9 Hair goop
12 Persisting
13 Crooked
14 Past
15 Identifier of a sort
17 Swab
18 Spanish wine
19 Actress Witherspoon
21 "Forget it!"
22 Dr. Salk
24 Martial art
27 Long March leader
28 Hoodlum
31 Loser to Ghana in the 2010 World Cup
32 Mischievous tyke
33 Raw rock
34 Office part-timer
36 "— Miserables"
37 Do laps in the pool
38 Icicles' locations
40 Exist
41 Where the action is
43 Celebration
47 Started
48 Fool
51 Stiller or Stein
52 String instrument
53 — out (supplemented)
54 Alias abbr.
55 Tend texts
56 "— hear you correctly?"

Down

1 Prohibits
2 Hexagonal state
3 One thin —
4 Buffet table fuel
5 With skill
6 Meadow
7 Picnic intruder
8 Unyielding
9 "Jeopardy!", e.g.
10 Hollywood clashers
11 Bound along
16 Expert
20 Dine
22 New Testament book
23 "My bad"
24 Protrude
25 Work with
26 Barry Humphries portrayal
27 Marathon fraction
29 Spoonbender Geller
30 Idaho, the — State
35 Zero-star review
37 Get angry
39 Trumpet feature
40 Chest protector
41 Actress Jessica
42 Stench
43 Fedora material
44 Munro pseudonym
45 Even
46 "The King —"
49 Help
50 Miss Piggy's pronoun

▶ Yesterday's answer



Sudoku

	4			6				9
		3	8		5			2
			3	1	4			
	6					1		
8	3						2	5
		7					8	
			1	4	2			
6			7		9	8		
1				8			5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	9	6	1	7	5	8	2	4
1	5	7	2	8	4	9	6	3
8	2	4	6	9	3	5	7	1
4	3	1	8	6	9	7	5	2
9	7	8	5	3	2	1	4	6
2	6	5	4	1	7	3	9	8
6	1	2	9	5	8	4	3	7
7	8	9	3	4	6	2	1	5
5	4	3	7	2	1	6	8	9

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LOVE, KULOT

Shotgun Shorty you sit passenger in the ride. You stay close, stay ready like the shotty on the side. And as life unfold around you, make sure your eyes stay open wide, cause Shorty know a Shotgun make a Superheros bride.. Happy 7 Months Baybee. **LOVE YOU**



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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♈ Aries March 21-April 20 Look and act confident in everything you do today and you will accomplish great things. Fortunately as an Aries you don't really have to act: you know you are the best.

♉ Taurus April 21-May 21 Each way you turn today there will be someone who rubs you up the wrong way. You might want to get angry with them but the planets warn that if you react it will only make matters worse.

♊ Gemini May 22-June 21 A conversation you listen in on today will get you thinking, but before you act make sure it's reliable. Just because someone says it does not make it true.

♋ Cancer June 22-July 22 You will find it difficult to keep your opinions to yourself today, and the result could be a major argument. You have important things to say and if others get annoyed it means you are saying them right.

♌ Leo July 23-Aug.23 Don't be too hard on yourself if you have made some kind of mistake. The important thing is that you learn from it and don't make it again.

♍ Virgo Aug. 24- Sept. 22 Take control of your life and stay in control no matter how much others might pressure you to let them make decisions for you. Trust no one but yourself over the next 24 hours — and even then not entirely!

♎ Libra Sept. 23-Oct. 23 You may look confident on the outside but on the inside you are worrying yourself sick about something that should have been dealt with a long time ago.

♏ Scorpio Oct. 24-Nov. 22 You will find yourself at odds with those around you today, especially if you are one of those Scorpios who insist on putting their feelings into words no matter what effect it might have on others.

♐ Sagittarius Nov. 23-Dec. 21 Authority figures seem to be giving you a lot of grief at the moment, but the good news is that today's cosmic influences will help you turn on the charm.

♑ Capricorn Dec. 22-Jan. 20 Focus your mind in one particular direction and don't let anything distract you. If you try to get your thoughts round several things at once you will only confuse yourself.

♒ Aquarius Jan. 21-Feb. 18 Be careful you don't let slip information that is not yours to divulge. If you do it is unlikely that a friend will ever trust you again.

♓ Pisces Feb. 19-March 20 You enjoy taking an opposing viewpoint to everyone else, because it gives you the chance to show how tough-minded you can be. Today though you must be careful who you disagree with.

SALLY BROMPTON

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JOEL PHILIPPSEN/THE ASSOCIATED PRESS



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